

# Simple Italian Salad

Get two full servings of vegetables with this light and luscious Italian salad.



Fresh, white mozzarella cheese lends authentic flavor to this classic Italian salad. Using only one ounce of cheese per serving and lots of veggies, this dish is low in fat and provides two full servings of vegetables.

## Ingredients:

- 2 Tablespoons balsamic vinegar
- 1 Tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 cucumber, peeled and seeded
- 2 large ripe tomatoes, sliced
- 2 ounces fresh mozzarella cheese
- 10 leaves fresh basil, chopped

## Preparation:

Mix balsamic vinegar, olive oil and garlic in a small bowl. On a salad plate, layer slices of the cucumber, tomato and cheese. Drizzle with the dressing. Sprinkle with the chopped fresh basil.

## Nutrition Facts

Yield 2 servings

Amount Per Serving

**Calories** 137

**Fat** 10 g

**Protein** 5.5 g

**Carbohydrates** 6.5 g

**Fiber** 1 g

**Sodium** 27 mg

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